Summer Lessons
Blueberry Muffins and Butter
SUMMER LESSON 1

Opportunities for Learning: Children will prepare blueberry muffins and make butter.

Things to Do Before the Lesson
✓ Allow 8 oz of heavy cream, without preservatives, to reach room temperature.

Make Blueberry Muffins

Things You’ll Need
✓ measuring spoons
✓ individual mixing bowls
✓ spoon for stirring
✓ egg beater
✓ muffin pan
✓ paper muffin pan liners
✓ paper plates

INGREDIENTS
(for each child)
2 tsp Beaten egg
1 Tbsp Milk
3 Tbsp Enriched, all-purpose flour

1 pinch Salt
1/4 tsp Baking powder
2 tsp Sugar
5 Blueberries

Things You’ll Do
✓ Beat egg and milk in a bowl.
✓ Combine enriched all-purpose flour, salt, baking powder, and sugar on a paper plate.
✓ Combine dry ingredients and egg and milk mixture in the bowl.
✓ Add blueberries and stir.
✓ Spoon ingredients into lined muffin pan.
✓ Bake in 350 °F oven until top is firm or about 15 minutes.

Make Butter

Things You'll Need
✓ large jar with tight lid
✓ teaspoon
✓ clean baby food jar with tight lid for each child
✓ spoons
✓ music

Ingredients
(for 18-20 children)
8 oz Heavy whipping cream

Things You’ll Do
✓ Pour 8 oz of heavy cream into a large jar, or divide it evenly into empty, clean baby food jars.
✓ Shake until cream clots and butter forms (8-10 minutes).
✓ If using a large jar, pass the jar around so everyone has a turn shaking. Shaking goes faster when done to music.
✓ Pour off buttermilk (watery part) and press out remaining buttermilk with a spoon.
✓ Let the children taste the buttermilk.
✓ Spread the butter on the blueberry muffin.

Books to Read

Snipp, Snapp, Snurr and the Buttered Bread
by Maj Lindman

Blueberries for Sal
by Robert McCloskey

If You Give a Moose a Muffin
by Laura Joffe Numeroff

Songs to Sing

Do You Know The Muffin Man?

Skip To My Lou

Note: Make certain the cream does not have preservatives added or it will not turn to butter.
Rice Around the World and Here at Home
SUMMER LESSON 2

Opportunities for Learning: The children will learn about rice and make a healthful snack of chicken and rice soup, and rice balls.

Things to Do Before the Lesson

✓ Purchase several different types of rice (brown rice, wild rice, white rice, instant rice).
✓ Put a small amount of each rice on a display table for the children to see and discuss.
✓ Discuss that rice is a food that has been eaten since ancient times. Rice was originally grown in Asia and Africa and was brought to the United States by early settlers. We learned to grow rice in wet lands in the southern part of the United States (South Carolina, Louisiana, Tennessee, Georgia, and Mississippi) in the 1600s.
✓ Ask the children how they eat rice at home.
✓ Cook brown rice for soup and/or cook brown rice in water with 1/4 tsp sugar added for each cup of rice for the rice balls.
✓ Remove from heat, fluff with a fork.
✓ Replace lid and let set 5 minutes.
✓ Cook carrots and dice.
✓ Toast sesame seeds in 200 °F oven for 20 minutes.
**Chicken and Rice Soup**

**Things You'll Need**
- saucepan
- cooked brown rice
- chicken broth
- spoon for stirring
- cups
- spoons
- napkins

**Things You'll Do**
- Ask the children to look at the display of different types of rice.
- Encourage children to describe how the different types of rice look. How are they alike and how are they different?
- Put chicken broth and cooked rice in saucepan and heat.
- Children can enjoy chicken and rice soup as part of a meal or snack.

**Make Rice Balls**

**Things You'll Need**
- heavy saucepan
- wax paper
- platter or tray

**INGREDIENTS**
- Brown rice, cooked
  (cook enough rice for each child to have 1/2 cup cooked rice)
- Salt
- Cooked carrots (or canned), diced
- Plums (canned or fresh), diced
- Sesame seeds, toasted

**Things You'll Do**
- First have children wash their hands. To form rice balls, have children wet their hands and sprinkle a small amount of salt on them.
- Shape rice into small balls.
- Push a tidbit (carrot or plum) into the middle and re-shape into a ball.
- Roll rice in toasted sesame seeds.
- Place on a platter covered with wax paper and refrigerate until ready to eat.

**Talk with children about rice and how it grows in fields of water called rice paddies. Many people in the world eat rice like we eat bread.**

**Note:** Always refrigerate all cooked rice dishes unless they are eaten within a short period of time from when they were prepared.

**Books to Read**
- *Foods We Eat* from Many Hands Media

**What Families Can Do**
- Look for ways to plan meals around healthy whole-grain rice recipes. Begin a recipe contest for families to share rice recipes that are low in cost and family friendly.
**Water… It’s What We Drink**
**SUMMER LESSON 3**

**Opportunities for Learning:** Children will drink water to satisfy their thirst.

**Drinking Water**

**Things You’ll Do**

- The center should have either a child-size drinking fountain or a water bottle filled with water and paper cups on a low counter for the children’s use. At first there will be a lot of drinking, but once the children are familiar with the water, they will drink only when they are thirsty.
- Discuss with the children that their bodies are saying “I need water” when they are thirsty. Water is the most important beverage. The human body is over half water (60% water by weight). Even the teeth and bones are partly water.
- Ask the children if they ever see water on their skin in the summer? We need water to help keep us cool by sweating. We need more water when it is hot outside because we sweat more in the summer than other times of the year. Water also helps the stomach digest food and keeps our bodies healthy.
- Ask children what foods have lots of water? Milk, fruits, and vegetables; celery is 94% water, carrots are 88% water, and watermelon is 93% water.
- Ask children how we use water (drinking, bathing, washing dishes, cleaning, cooking).
Ask if they would drink from a mud puddle.
Discuss that even clear looking water may not be safe to drink.
Tell that our cities work hard to keep the water from our taps clean and safe.
Remind children that we only drink water from the tap or other safe water.

Taking Care of the Earth by Conserving Water

Things You'll Need
- pictures of how water is treated to make it safe
- pictures of a desert
- pictures of scenes with lakes and ponds

Things You'll Do
- Show pictures to the children and ask them to describe each picture.
- Discuss that our communities work hard to keep our water clean. Some parts of the world do not have enough water and even when we do have plenty of water (show the lake and pond pictures), we still need to take care of the earth by not wasting water.
- Ask the children what wastes water. Letting the water run when we are not using it is one of the biggest ways we waste water.
- Talk about turning the water off when it is not being used (contact your local water board for other ways to save water).

Help Children Care
What are ways that children can start to take care of their world? Plan activities that help children appreciate the beauty around them. List ways that the child care center can help children take care of their world.

- ____________________________________________________
- ____________________________________________________
- ____________________________________________________
- ____________________________________________________
- ____________________________________________________
- ____________________________________________________

Books to Read
Gregory, the Terrible Eater
by Mitchell Sharmat

Songs to Sing
It's Raining, It's Pouring
Healthy Snacks For Summer
SUMMER LESSON 4

Opportunities for Learning: Children will make homemade pretzels and Orange Froth.

Things to Do Before the Lesson
✓ Mix together whole wheat bread dough for two loaves prior to lesson or purchase frozen dough and thaw in refrigerator overnight.

Make Homemade Pretzels

Things You'll Need
✓ greased baking sheet
✓ shallow pan with 1” of boiling water
✓ pictures of snack choices (fruit, vegetables, juice)
✓ measuring spoons
✓ pastry brush
✓ vegetable pan spray

INGREDIENTS
(for 2 dozen pretzels)
2 16-oz Loaves whole wheat bread dough
1 Egg white, slightly beaten
1 tsp Water

Things You'll Do
✓ Each child shapes a small amount of dough into 1-1/2” ball.
✓ Roll each ball into a rope 12” long.
✓ Help children shape the pretzels into a knot (or any design the child wants).
Arrange pretzels 1” apart on well-greased baking sheet.
Let them rest for 20 minutes.
Combine egg white and water; brush on pretzels.
Place shallow pan with 1” boiling water on lowest rack in oven.
Bake pretzels on baking sheet above pan of water at 350 ºF for 20 minutes.
Discuss how whole wheat pretzels are a nutritious snack. (They are prepared from whole wheat dough, which contains lots of natural vitamins and minerals.) Discuss other nutritious snacks like fruits and vegetables.

Make Orange Froth

Things You’ll Need
✓ cups
✓ blender
✓ liquid measuring cup
✓ dry measuring cup

INGREDIENTS
3 cups Water
6 oz Frozen orange juice
1 cup Instant nonfat dry milk
Banana (optional)

Things You’ll Do
Mix all ingredients in a blender and serve with pretzels as a reimbursable snack.

Books to Read
Each Orange Has 8 Slices
by Paul Giganti, Jr.

Songs to Sing
Row, Row, Row Your Boat

What Families Can Do
Send A Family’s Guide to Healthy Snacks for Summer home to families.
A Family’s Guide to Healthy Snacks for Summer
Family Handout for Summer Lesson 4

Juicy
- apples
- oranges
- grapefruit
- berries
- tangerines
- tomatoes
- peaches
- apricots
- cantaloupe
- watermelon
- pineapple
- pears
- plums
- canned fruits

Crunchy
- carrots
- radishes
- turnips
- potato
- cauliflower
- cabbage
- green pepper
- celery
- cucumbers
- lettuce wedges
- jicama
- sweet potato
- zucchini

Thirsty
- water
- orange juice
- vegetable juice
- reduced-fat milk
- buttermilk
- apple juice
- cranberry juice
- pineapple juice
- grape juice
- nectars
- tomato juice
- milk shake

Really Hungry
- eggs
- cheese cubes
- cottage cheese
- yogurt with graham crackers
- enriched cereals
- meat cubes
- bran muffins
- fruit breads
- muffins
- peanut butter
- milk shake
- sandwiches
Tropical Fruits
SUMMER LESSON 5

Opportunities for Learning: Children will examine various fruits. Children will make a tropical fruit salad.

Things to Do Before the Lesson
✔ Put coconut in 350 °F oven for 30 minutes to take the skin off easily.
✔ Peel and cut pineapple.

Let's Learn About Fruits

Things You’ll Need
✔ pineapple (pina)
✔ cantaloupe and/or watermelon (melon and/or sandia)
✔ strawberries (fresas)
✔ coconut (coco)
✔ peaches (duraznos)
✔ bananas (platanos)
✔ grapes (uvas)
✔ dried plums (cirvelas)
✔ blindfold

Things You’ll Do
✔ Spread fruits on a table and ask the children to name them, in both Spanish and English, if possible.
✔ Have each child pick up a fruit and describe how it feels and smells.
✔ Blindfold each child and ask him/her to find the fuzzy fruit, two that smell alike, one with a lot of little balls.
Grow Lemon and Orange Trees

**Things You'll Need**
- seeds from a lemon and an orange
- paper towels
- planting pots
- moist, rich soil
- popsicle sticks
- clear plastic wrap

**Things You'll Do**
- Save the seeds from a lemon and an orange.
- Let seeds dry on a paper towel for a day or two.
- Plant seeds in moist, rich soil.
- Put a few popsicle sticks around the edge of the pot and cover with clear plastic wrap.
- Keep the soil moist and in time you’ll see a stem poking through the soil.
- When you see leaves, remove the plastic wrap and watch the trees grow.

Make Tropical Fruit Salad

**Things You'll Need**
- large bowl
- melon baller
- sharp knife for pineapple (for teacher’s use)
- smaller knives for other fruits (for teacher’s use)
- sharp tool (for teacher’s use)
- hammer
- utensils for tossing
- small cups
- pineapple
- bananas
- oranges
- coconut
- kiwi
- mango
- papaya
- grater
- cutting board

**Things You'll Do**
- Wash all fruits.
- Cut pineapple into 2” slices.
- Peel and slice fruits (teacher’s task).
- Shake coconut so children can hear milk splashing.
- Pound two holes in the coconut.
- Drain milk out and let children have a taste.
- Pound coconut with a hammer to break open. (teacher’s task)
- Pull coconut meat away from shell.
- Grate 1 cup of coconut (teacher’s task).
- Toss fruit and coconut together for a tasty salad.
- Talk with children about their favorite fruit and why fruits are such good snacks in the summer (cool and juicy).

Books to Read
- All Our Fruits and Vegetables from Many Hands Media

Songs to Sing
- Apples and Bananas
How Food Spoils, How You Preserve It
SUMMER LESSON 6

Opportunities for Learning: Children will explore ways food spoils. Children will make fruit leather.

Things to Do Before the Lesson
✓Five days prior to the lesson, leave a piece of cheese exposed to air to demonstrate what happens to food when it is not protected. Also, place a piece of cheese in a plastic bag in a warm, dark place.

Explore Ways Food Spoils

Things You’ll Do
✓Show children the two pieces of cheese left to spoil. Ask the children what happened to the cheese. Tell them that the white or green growth they see is called mold.
✓Talk about how other foods spoil. (Milk turns sour. Bread becomes moldy. Apple juice ferments and tastes like vinegar. Pears overripen and turn dark and mushy.)
✓What do we do to stop food from spoiling? (Put milk and apple juice in the refrigerator. Can fruits and vegetables. Dry foods.)

Make Fruit Leather

Things You’ll Need
✓plastic serrated knife
✓cutting surface
✓blender
✓large saucepan
✓baking sheets
✓wooden spoon
✓vegetable pan spray

INGREDIENTS
2 cups Fully ripe fruit
Ground cinnamon, nutmeg, or cloves
Lemon or orange peel (optional)
Raisins (optional)
Coconut (optional)
Note: Use cherries, plums, apricots, peaches, berries, apples, or a mixture. You can use overripe fruit, but avoid using any fruit that is bruised.

**Things You’ll Do**
- ✔️ Wash fruit, but do not peel.
- ✔️ Remove pits.
- ✔️ Cut into large chunks.
- ✔️ Place in blender and purée.
- ✔️ Simmer over low heat for 10 minutes. This blends flavor, especially if citrus peel or raisins are added.
- ✔️ Lightly coat baking sheet with pan spray.
- ✔️ Pour fruit mixture onto sheets.
- ✔️ Spread evenly with wooden spoon about 1/2” thick.
- ✔️ Dry for about 4 hours in a 150 °F oven with door ajar.
- ✔️ When dry, roll and store. Fruit leather keeps frozen or stored in tightly covered container for 6 months to a year.

Note: You can also use a commercial food dehydrator to make fruit leather. Many commercial dryers come with a special sheet to be used for fruit leather.

**Books to Read**
*Curious George Goes to the Hospital* by Margaret Rey

**Songs to Sing**
*Skip To My Lou*
Understanding Food Allergies
SUMMER LESSON 7

Opportunities for Learning: Children will learn that some people cannot eat certain foods.

Some Foods Are Not Healthy for Everyone

Things You'll Do
✓ Ask children if they know anyone who cannot eat a certain food.
✓ Explain that some foods that are healthy for most of us, can make some people sick. Sometimes a food can cause a stomachache or a rash, or even make it hard for the person to breath.
✓ Discuss that people can be allergic to milk, eggs, nuts and peanuts, fish, or the wheat we use to make bread.

✓ Ask the children if someone was allergic to milk, what foods would be necessary to stay away from (milk, pudding, ice cream, yogurt, and cheese).
✓ Sometimes people that are allergic to a food may have a special food to use instead.
✓ Discuss that we want to help our friends avoid foods that could make them sick. If we have friends that are allergic to foods, we always want to ask their family before offering them a food.

Note: If a child is allergic to wheat, be sure to review substitutions with their family to be sure they are acceptable for the child.
Making a Wheat-Free Snack for Someone Allergic to Wheat

**Things You'll Need**
- tasting plates
- plastic knives

**INGREDIENTS**
- Rice crackers
- Canned bean dip (wheat free)
- Hummus and/or jar of mild salsa

**Things You'll Do**
- Tell the children this would be a healthy snack for a person who is allergic to wheat because the crackers are made with rice and the spreads do not have any wheat or wheat flour.
- Allow the children to taste the crackers and spreads.
Quick and Crunchy Trail Mix
SUMMER LESSON 8

Opportunities for Learning: Children will make a quick and crunchy trail mix snack.

Things to Do Before the Lesson
✓ Purchase ingredients for the trail mix.
✓ Assemble measuring cups, mixing spoons, and bowls.

Things You’ll Do
✓ Draw a picture recipe showing the amounts of each of the ingredients for the trail mix.

Make the Trail Mix

Ingredients
2 cups Toasted O type cereal
2 cups Rice check type cereal
2 cups Corn check type cereal
2 cups Small pretzels
1 cup Raisins (optional)
1/2 cup Dried cranberries (optional)

Things You’ll Need
✓ large bowl
✓ measuring cups
✓ ingredients for trail mix
✓ individual resealable plastic bags or serving dishes

Note: Raisins and dried cranberries can be a choking concern in young children. Omit them for younger children.
Things You'll Do
✔ Make sure the children wash their hands before beginning any food preparation activity.

OPTION 1
✔ Ask the children to help measure each of the ingredients.
✔ Place the ingredients in a large bowl and mix well.
✔ Put a portion of the trail mix in individual resealable plastic bags or serving dishes.

OPTION 2
For a fun alternative to simply preparing the trail mix:
✔ Read the book, *The Beastly Feast*.
✔ Ask the children to choose an animal they would like to be.
✔ Ask each “animal/beast” to bring one ingredient for the trail mix. (Foods could be hidden around the classroom and children can search for the ingredients).
✔ Prepare the trail mix and the beasts can feast.

Books to Read
*The Beastly Feast* by Bruce Goldstone

Songs to Sing
*Mistress Mary Quite Contrary*
Let's Make Farmer Cheese
SUMMER LESSON 9

Opportunities for Learning: Children will make farmer cheese and taste different cheeses.

Make Cottage Cheese

Things You’ll Need
✓ enamel or glass saucepan
✓ cheesecloth
✓ spoon
✓ strainer

INGREDIENTS
1 gal Whole milk
Pinch of salt
Juice from 1 large lemon

Things You’ll Do
✓ Heat the milk to a simmer; stir frequently.
✓ Add the lemon juice.
✓ Allow the children to watch from a safe distance as you stir and as lumps (curds) form and separate from the liquid part (whey). This may take 5-10 minutes.
✓ Pour through the strainer lined with cheesecloth.
✓ Press the curd with a spoon to squeeze out the liquid.
✓ Discuss that all cheese starts as milk and an acid, like lemon juice, is added. All cheese starts with forming a curd.
Set aside 1 quart of cottage cheese.

Make Farmer Cheese Spread

**Things You’ll Need**
- Knives (for teacher’s use)
- Cutting surface
- Bowls for each ingredient
- Bowls for each child
- Spoons
- Measuring spoons

**INGREDIENTS**
- Green pepper
- Strawberries
- Crushed pineapple
- Green onions
- Cottage cheese
- Crackers

**Things You’ll Do**
- Cut green pepper, green onion, and strawberries into small pieces.
- Keep each ingredient in separate bowls.
- Child will mix 2 Tbsp of farmer cheese (cottage cheese) and a choice of other toppings.
- Spread on cracker or bread and serve as part of a snack.

Cheese Tasting Fun

**Things You’ll Need**
- Purchase three or four different cheeses. Select a cheese the children like and eat often, for instance, mild cheddar cheese. Choose several cheeses that may be new to the children, such as: Swiss, Gouda, mozzarella, white cheddar, or colby.

**Things You’ll Do**
- Arrange the original blocks of cheese and enough slices of each for the children to taste on a tray or platter.
- Ask the children how the cheeses are alike and different. Talk about color and texture.
- Let the children taste the cheeses and describe how it tastes and which is their favorite.

Books to Read
- *The Hungry Thing* by San Slepian and Ann Seidler

Songs to Sing
- *Little Miss Muffet*
Going Fishing
SUMMER LESSON 10

Opportunities for Learning: Children will play fishing. Children will make Sea Friends.

Play Fishing

Things You'll Need

- scissors
- one pole or stick per child
- string attached to pole
- paper fish
- self-sticking magnets from craft store

Things You'll Do

- Tie a string to a magnet.
- Tie the other end of the string to a pole.
- Cut out cloth or paper fish; color if desired.
- Attach a magnet to the fish.
- Put the fish in the middle of the floor.

✓ Children will try to catch a fish with their poles.

Things to Do Before the Lesson

✓ Hard-cook one egg for each child.

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**Make Sea Friends**

**Things You’ll Need**
- Spoons
- Individual bowls
- Plastic serrated knives
- Measuring spoons

**INGREDIENTS**
- 8 Hard-cooked eggs
- 7 oz Tuna Mayo
- Paprika
- Whole wheat bread

Yield: 16 servings

**Things You’ll Do**
- Cut hard-cooked egg in half.
- Scoop out the yolk from the white.
- Mash one yolk with 3 Tbsp tuna and 1/2 tsp mayo for each child.
- Sprinkle with paprika.
- Fill the whites with the tuna mixture.
- Eat as stuffed eggs or slice and put on whole wheat bread for a sandwich.

- Discuss how the tuna got into the can (from sea to boat to processing plant).

**Books to Read**

*Adventures of Max the Minnow*  
By William Boniface

**Songs to Sing**

*Row, Row, Row Your Boat*

**What Families Can Do**

Ask families who enjoy fishing to come to class with fishing pole, bait, and tackle. Have families show how to catch fish and how bait is used.
Opportunities for Learning: Children will prepare the food for a picnic.

Things to Do Before the Lesson

- Most of the food should be prepared the day before and refrigerated overnight to chill. Make arrangements for coolers and other appropriate storage containers so that the food will not spoil while on the way to the picnic area in the hot weather.

When preparing, storing, and transporting food, it is important to keep it out of the temperature danger zone. The temperature danger zone is between 40 °F and 140 °F. This is the temperature range in which harmful bacteria grow and reproduce rapidly.

Prepare Food

Things You’ll Need
Possibilities are:
- cheese sandwich
- hard-cooked eggs
✓ fresh sliced vegetables from the garden in sealed sandwich bags
✓ cereal, dried fruit, and raisin mixture. Raisins can be a choking concern. Omit these for younger children.
✓ food containers
✓ paper bag for each child
✓ drinking cups
✓ water for drinking and handwashing
✓ soap
✓ paper towels
✓ hand sanitizer

Things You'll Do
✓ Talk with children about what they would like to prepare and eat at their picnic. Guide children in planning what kind of sandwich, vegetable snacks, and cereal and raisin mixture they would like.

✓ The day of the picnic, each child packs his/her own bag with lunch fixings that do not have to be kept cold in the cooler or ice chest, such as the cereal and raisin mixtures. Cheese slices, hard-cooked eggs, and vegetables can be bagged into individual servings and added to each lunch bag when it is time to eat.
✓ Bring plenty of cool water in place of sugared drinks. Sugared drinks just make children more thirsty.
✓ Be sure the children have an opportunity to cool off before eating.
✓ Take a book to read to the children.

✓ Be sure children wash hands before eating.

Books to Read
Dora's Picnic
by Susan Hall and Christine Ricci

Songs to Sing
It's A Beautiful Day For A Picnic

What Families Can Do
Ask families to help plan and join the children on the picnic outing.
Opportunities for Learning: Children will enjoy sprouting vegetables and preparing fresh vegetables for snacks and meals.

**Paint Your Garden**

- **Things You’ll Need**
  - posters or art book depicting the works of Claude Monet
  - art paper
  - watercolors
  - brushes
  - water

- **Things You’ll Do**
  - Explain to the children that artists often draw and paint flowers. Claude Monet was a famous painter. He used his garden as a source of inspiration for his art. A work of art is a wonderful way to remember the good times spent in your garden. Let the children paint what their garden looks like.

**Grow Carrot Tops**

- **Things You’ll Need**
  - carrots with the green top still attached
  - soil filled container
Things You'll Do

✔ Cut off carrot leaves, leaving just a little green.
✔ Trim the carrot, leaving a small piece of orange and the green on top.
✔ Plant the carrot tops in a soil-filled container.
✔ Keep the soil moist and wait.
✔ In a week or two you will see a fringe of new curly green growth sprouting from the top.

Soon a vine will begin growing. The vine may produce a beautiful, lilac-colored flower.

Grow a Sweet Potato Vine

Things You'll Need

✔ sweet potato
✔ glass of water
✔ toothpicks

Things You'll Do

✔ Put a sweet potato in a glass of water, half in and half out of the water. Use toothpicks to hold sweet potato.
✔ Add water from time to time to keep the water level the same.

Make Baked Potato Chips

Things You'll Need

✔ potatoes
✔ slicing knife (for teacher’s use)
✔ cookie sheet
✔ vegetable pan spray

Things You'll Do

✔ Slice potatoes thinly (teacher’s task).
✔ Spray a cookie sheet with vegetable pan spray.
✔ Spread out the potato slices like cookies.
✔ Spray with vegetable cooking spray.
✔ Bake until the potatoes are brown and crispy.

Make Fresh Vegetable Snack

Things You'll Need

✔ paper towels
✔ small paper or plastic cups
✔ knives
✔ trays for cutting
✔ serving tray

INGREDIENTS
Fresh vegetables*
Lowfat dip

Things You'll Do

✔ Pass vegetables around before cutting. Discuss how they feel, smell, and grow.
✔ Wash vegetables.
✔ Dry gently with paper towels.

Note: Any root vegetable can be used (sweet potatoes, rutabagas, turnips, jicama). They all taste great.
Cut and slice vegetables.
Arrange on a tray with dip for a delicious snack.

*Use cauliflower, peppers, zucchini, cucumbers, celery, tomatoes.

Make Hot Vegetable Patty Cakes

**Things You'll Need**
- food processor
- knife (for teacher’s use)
- bowls
- spoon for stirring
- paper muffin pan liners
- cutting board
- measuring spoons
- muffin pans

**INGREDIENTS**
(for each child)
- 1/2 of 1 Carrot
- 1/4 of 1 Green onion
- 1/4 of 1 Medium zucchini
- 2 Tbsp Beaten egg
- 1/4 cup Grated cheese
- Salt and pepper to taste
- 1/2 tsp Vegetable oil
- Small sprig parsley
- 1/2 tsp Wheat germ

**Things You'll Do**
- Cut zucchini into large pieces.
- Cut green onion into large pieces.
- Cut carrot into large pieces.
- Cut one sprig parsley.
- Finely chop in the food processor.
- Add grated cheese.
- Lightly sprinkle mixture with salt and pepper.
- Add beaten egg.
- Add oil.
- Stir ingredients.
- Scoop or spoon into lined muffin pans. (Teacher puts child’s name by the muffin cup.)
- Top with 1/2 tsp wheat germ.
- Bake patty cakes in 350 °F oven for 20 minutes until firm.

**Books to Read**
*The Ugly Vegetables* by Grace Lin

**Songs to Sing**
*The Farmer in the Dell*
Homemade Ice Cream
SUMMER LESSON 13

Opportunities for Learning: Children will make ice cream.

Make Ice Cream

Things You’ll Need
- crushed ice
- rock salt
- dry measuring cups
- wooden spoon
- large bowl
- ice cream machine

INGREDIENTS
2 cups Sugar
2 boxes (3.75-oz) Instant pudding
2 cans (12-oz) Evaporated skim milk
2 Tbsp Vanilla
2 quarts Reduced-fat milk

Things You’ll Do
- Combine sugar and dry pudding mix. Stir to blend.
- Gradually add evaporated skim milk.
✓ Stir in vanilla.
✓ Add reduced-fat milk.
✓ Mix well.
✓ Freeze in ice cream machine following manufacturer's directions (teacher's task).

Make Ice Cream Sundaes

Things You'll Need
✓ bowls
✓ spoons

INGREDIENTS
Ice cream
Fresh fruits, diced
Whole wheat graham crackers

Things You'll Do
✓ Put one square of graham cracker in a bowl.
✓ Spoon on ice cream.
✓ Top with fruit.

Books to Read
From Cow to Ice Cream
by Bertram T. Knight

Songs to Sing
Dippity Do Da Dippity Day

What Families Can Do
Send the ice cream recipe home with children. Encourage families to make ice cream and sundaes together.